

September/October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14	15	16	17	18	19	20
						2.30-3.45 Pool - note earlier finish
21	22	23	24	25	26	27
		6-6.45 Land (Jumps & Throws)				No land training today
		7-8 Pool				12.30-3 Pool
28	29	30	1	2	3	4
		6-6.45 Land (Jumps & Throws)				11-12 Land (Pentathlon Hall)
		7-8 Pool				12.30-3 Pool
5	6	7	8	9	10	11
Prior Park TBC		6-6.45 Land (Jumps & Throws)				11-12 Land (Pentathlon Hall)
		7-8 Pool				12.30-3 Pool
12	13	14	15	16	17	18
Prior Park TBC		6-6.45 Land (Jumps & Throws)				11-12 Land (Pentathlon Hall)
		7-8 Pool				12.30-3 Pool
19	20	21	22	23	24	25
Prior Park TBC		6-6.45 Land (Jumps & Throws)				11-12 Land (Pentathlon Hall)
		7-8 Pool				12.30-3 Pool
26	27	28	29	30	31	1
NB No Prior Park		6-6.45 Land (Jumps & Throws)				11-12 Land (Pentathlon Hall)
		7-8 Pool				12.30-3 Pool